

ProvaDent Consumer Report 2026: Who May See Benefits—and Who May Not

Author: Dr. Rachel Nguyen, MD, MPH | **Review:** Medical Advisory Board,
Date: March 11, 2026

For decades, consumers have been locked into a highly aggressive, chemical-based approach to dental hygiene. The standard advice broadcasted by oral care conglomerates has been entirely mechanical and destructive: scrub the teeth with abrasive pastes, floss away visible debris, and completely eradicate all remaining bacteria using burning, alcohol-based mouthwashes.



Buy This Product At A Huge Discount

Official Site • Free Shipping • 60 Day Money Back Guarantee

Yet, as we analyze public health data in 2026, adult tooth decay, chronic halitosis (bad breath), and receding gums remain at staggering, epidemic levels. Why does a society with such advanced hygiene tools continue to experience rampant oral degradation?

The answer lies in a fundamental misunderstanding of human biology. The oral cavity is not a sterile porcelain sink that needs to be bleached; it is a complex, living ecosystem heavily governed by a delicate balance of microscopic life known as the oral microbiome.

When you use harsh antibacterial rinses, you engage in a "scorched earth" tactic. You temporarily kill the odor-causing pathogens, but you also destroy the beneficial flora that naturally protect your enamel and gum tissue.

In the aftermath of this chemical assault, the fastest-growing bacteria—which are almost exclusively the acid-producing, decay-causing strains—repopulate the mouth rapidly. This creates a vicious, endless cycle of plaque buildup, persistent bad breath, and inflamed gums.

What is ProvaDent?

ProvaDent is a premium, bio-active dietary supplement specifically engineered to support the structural integrity of your teeth and the biological health of your gums. Formulated under the expert guidance of Dr. Knudson, a highly respected certified dentist, this product represents a massive departure from traditional, topical dental treatments.

Rather than acting as a temporary surface cleaner, ProvaDent is an internal nutritional protocol delivered via a daily tablet system. The foundational philosophy behind this formulation is "competitive exclusion."

By flooding your system with highly specific, beneficial bacterial strains and natural botanical extracts, ProvaDent aims to physically crowd out the destructive pathogens that cause decay and foul odors.

The 2026 iteration of the formula is manufactured within the United States in a state-of-the-art facility that rigorously adheres to current Good Manufacturing Practices (cGMP).

The protocol provides a 30-day supply per bottle (60 tablets, taken as two per day) and relies on a synergistic blend of organic compounds, potent antioxidants, and targeted probiotic strains.

Key Benefits: A Physiological Breakdown

When evaluating the clinical viability of an oral health nutraceutical, we must look beyond basic cosmetic claims. The benefits of the ProvaDent protocol extend deeply into systemic physiological wellness.

Buy This Product At A Huge Discount

Official Site • Free Shipping • 60 Day Money Back Guarantee

1. Deep-Rooted Halitosis Eradication

Standard breath mints and artificial sprays only mask bad breath for a few minutes. Chronic halitosis is primarily caused by volatile sulfur compounds (VSCs) emitted by specific anaerobic bacteria hiding deep within gum pockets and on the posterior surface of the tongue.

By fundamentally altering the bacterial landscape of the mouth, ProvaDent targets and neutralizes these odor-producing organisms at their source, resulting in a naturally clean breath profile that lasts throughout the entire day.

2. Advanced Plaque and Tartar Defense

Dental plaque is essentially a biofilm—a sticky matrix created by pathogenic bacteria to protect themselves while they feed on dietary sugars and secrete enamel-destroying acids. ProvaDent utilizes specific natural compounds that disrupt this biofilm formation.

By preventing the bacteria from adhering to the tooth surface, the formula makes your daily brushing vastly more effective and significantly reduces the hardening of plaque into permanent tartar.

3. Fortification of Gingival (Gum) Tissue

Gum disease is a chronic inflammatory response to bacterial overgrowth. When left unchecked, this inflammation causes the gums to pull away from the teeth, creating deep pockets that harbor even more bacteria.

The botanical antioxidants within the ProvaDent matrix possess potent anti-inflammatory properties, helping to soothe swollen, bleeding tissue and encouraging the gums to remain tightly sealed around the root of the tooth.

4. Systemic Immune and Respiratory Support

The oral cavity is the primary gateway to the rest of the body. A pathogenic overgrowth in the mouth frequently leads to chronic sinus congestion, throat irritation, and even cardiovascular stress as bacteria enter the bloodstream. The probiotic strains utilized in this protocol naturally colonize the upper respiratory tract, providing a secondary layer of vital immune defense against airborne irritants and systemic inflammation.

How It Works: The Internal Defense Mechanism

To understand why an ingestible tablet is highly effective for localized dental health, we must break down the specific biological phases triggered by the ProvaDent formulation.

Phase 1: Microbial Seeding and Colonization

The moment you consume the tablets, the specialized probiotic strains begin to integrate into your gastrointestinal and oral ecosystems. Because digestion begins in the mouth, these beneficial strains immediately start to attach to the mucosal lining of your cheeks, gums, and tongue. This establishes a healthy foundational baseline, preparing the environment for repair.

Phase 2: Pathogen Starvation

One of the most brilliant mechanisms of the ProvaDent formula is its ability to "trick" harmful bacteria.

Pathogens like *Streptococcus mutans* rely heavily on dietary sugars to survive and multiply. The formula introduces specific organic compounds that the harmful bacteria mistake for food. However, they cannot metabolize these compounds, causing them to essentially starve to death and halt their production of lactic acid.

BEST DEAL		
1 BOTTLE 30 DAY SUPPLY	6 BOTTLES 180 DAY SUPPLY	3 BOTTLES 90 DAY SUPPLY
		
\$69 PER BOTTLE	\$49 PER BOTTLE	\$59 PER BOTTLE
+ \$9.99 SHIPPING FEE	Total: \$294	Total: \$177
ADD TO CART 	FREE SHIPPING ADD TO CART 	FREE SHIPPING ADD TO CART 
60 Days Guarantee	60 Days Guarantee	60 Days Guarantee
  	  	  

Claim Exclusive Discounts Today

Official Site • Free Shipping • 60 Day Money Back Guarantee

Phase 3: Antioxidant Shielding and Tissue Repair

With the destructive bacteria neutralized and the acidic load reduced, the final phase involves deep tissue healing. The formula deploys highly concentrated botanical antioxidants directly into the bloodstream.

As blood circulates through the highly vascularized gum tissue, these antioxidants reduce localized oxidative stress, allowing the cellular matrix of the gums to regenerate, tighten, and heal from the micro-damage caused by daily chewing and brushing.

Ingredients/Features Breakdown: A Clinical Audit

The true efficacy of any nutritional supplement resides entirely within its biochemical profile. Let us rigorously analyze the primary components of the ProvaDent formulation against current dental and nutritional literature.

1. Organic Xylitol

Xylitol is a naturally occurring sugar alcohol that has revolutionized modern preventive dentistry. It acts as a biological decoy. Decay-causing bacteria eagerly ingest Xylitol thinking it is glucose, but their cellular machinery cannot break it down. As a result, the bacteria expend all their energy trying to digest it, eventually starving and dying. Furthermore, Xylitol actively stimulates salivary flow, which helps wash away food debris and neutralize oral acids.

2. The BioFresh™ Clean Complex

This is the manufacturer's proprietary clinical blend, specifically designed to target the aesthetic and sensory aspects of oral care. While the exact ratios are protected, this complex is formulated to chemically bind to and neutralize the volatile sulfur compounds that cause severe morning breath, providing an immediate sensation of an incredibly clean, fresh mouth.

3. Cranberry Extract

Cranberry is widely recognized for its ability to prevent urinary tract infections, but it works miracles in the mouth through the exact same mechanism. It is incredibly rich in A-type proanthocyanidins (PACs). These unique phytochemicals act like a non-stick coating for your teeth. They physically prevent pathogenic bacteria from adhering to the enamel and the gum line, making it practically impossible for mature plaque colonies to form.

4. Purple Carrot Powder

Purple carrots possess a massive concentration of anthocyanins—the powerful antioxidant compounds that give the vegetable its deep color. In the context of the oral microbiome, anthocyanins are vital for reducing gingival inflammation.

They help protect the delicate blood vessels within the gums from oxidative stress, ensuring that the tissue remains robust, healthy, and highly resistant to bleeding when you floss.

Claim Exclusive Discounts Today

Official Site • Free Shipping • 60 Day Money Back Guarantee

Who Should Use It (And Who Likely Won't See Benefits)

ProvaDent is a highly targeted biological protocol. It is an exceptional fit for certain consumer profiles, while others may not require such an advanced intervention.

The Ideal Candidates (Who Will Notice Massive Benefits):

- **Chronic Halitosis Sufferers:** Individuals who rely heavily on gum, mints, or harsh mouthwashes to mask persistent bad breath caused by deep bacterial imbalances.
- **Individuals with a History of Cavities:** Those who consistently experience new decay at every dental checkup, despite brushing and flossing religiously.
- **Sufferers of Gingivitis or Bleeding Gums:** Anyone who experiences pink or red spit when brushing, which is the primary indicator of active periodontal inflammation.
- **People with Chronic Dry Mouth (Xerostomia):** Often caused by aging, mouth-breathing at night, or prescription medications. A lack of saliva

is catastrophic for enamel, and this formula actively helps stimulate natural fluid production.

- **Proactive Longevity Enthusiasts:** Individuals who understand the deep connection between oral health and cardiovascular health, and wish to maintain their natural teeth for life.
-

Pros and Cons

To maintain strict clinical objectivity, we must evaluate both the therapeutic advantages and the practical limitations of integrating this oral health protocol into your daily regimen.

The Pros

- **Addresses the Root Cause:** Moves completely beyond masking symptoms and targets the biological origin of dental decay and bad breath.
- **Dentist-Formulated:** Crafted under the professional guidance of Dr. Knudson, ensuring the ingredient profile is grounded in actual dental science.
- **Supports Systemic Health:** By improving the oral microbiome, you simultaneously improve your digestive efficiency and upper respiratory immunity.
- **Highly Convenient:** Requires only seconds a day to consume the tablets, eliminating the need for messy powders or painful localized treatments.
- **Safe and Non-Toxic:** Entirely free of the harsh alcohols, artificial dyes, and abrasive chemical compounds found in the commercial dental care aisle.

The Cons

- **Requires Biological Patience:** This is not an overnight chemical bleach. Rebuilding a microscopic ecosystem takes consistent, daily application over several weeks.

- **Initial Adjustment Period:** As the good bacteria rapidly crowd out the bad, a small minority of users report mild, temporary changes in digestion during the first few days of use.
- **Online Exclusivity:** To maintain strict quality control and batch freshness of the living probiotics, it cannot be purchased at local pharmacies or massive grocery chains.

Claim Exclusive Discounts Today

Official Site • Free Shipping • 60 Day Money Back Guarantee

Realistic Results & Expectations

Setting clinically appropriate expectations is vital for consumer success. Biological repair operates on a spectrum, and the timeline for noticeable improvements varies based on your initial state of oral dysbiosis.

Phase 1: The Sensory Shift (Days 1 to 14) During the initial two weeks, the probiotic strains and the BioFresh™ Clean Complex are establishing their presence. You will not see a massive structural change in your teeth yet.

However, the most immediate and universal report from consumers is the absolute eradication of "morning breath." You will begin waking up with a cleaner, highly neutral taste in your mouth as the pathogenic bacteria are neutralized overnight.

Phase 2: The Tissue Soothing Phase (Weeks 3 to 6) This is when the purple carrot antioxidants and the strengthened immune response take profound effect. If you previously suffered from tender, swollen, or highly reactive gums, you should notice a dramatic reduction in these symptoms.

Flossing will become a comfortable experience, and the gum tissue will visually transition from an angry, inflamed red to a healthy, firm, and stippled pink.

Phase 3: The Enamel Fortification Phase (Months 2 and Beyond) With continuous daily use, the increased production of mineral-rich saliva begins to harden the enamel surface. Teeth frequently feel significantly smoother to the tongue, highly similar to the slick sensation experienced right after a professional dental cleaning.

Long-term consumers consistently report that their six-month dental checkups yield drastically less tartar buildup and a complete halt to the formation of new micro-cavities.

Pricing and Where to Buy

To guarantee product authenticity, ensure the highest viability of the live probiotic cultures, and secure the manufacturer's risk-free guarantee, it is absolutely essential to purchase ProvaDent directly through the official supplier.

Procuring this supplement through unauthorized third-party marketplaces introduces severe health risks, including the high probability of receiving expired, degraded, or entirely counterfeit formulas.

- **The Starter Tier (1 Bottle):** Supplies a 30-day course (60 tablets). Ideal for individuals wanting to test their biological tolerance to the advanced probiotic strains. Typically priced around **\$69.00 per bottle**.
 - **The Therapeutic Tier (3 Bottles):** A 90-day supply. From a clinical perspective, 90 days is the optimal biological window to accurately assess a systemic physiological shift in the oral microbiome. This tier is heavily discounted to approximately **\$59.00 per bottle**, and generally includes highly valuable digital bonuses.
 - **The Maximum Maintenance Tier (6 Bottles):** A 180-day supply. Designed for long-term oral defense, continuous remineralization, and sustained breath freshness. This offers the absolute maximum economic efficiency, dropping the cost to roughly **\$49.00 per bottle**, alongside free shipping and all exclusive bonuses.
-

Bonuses (Exclusive with Multi-Bottle Orders)

When consumers opt for the therapeutic multi-bottle packages (the 3-bottle or 6-bottle options), the manufacturer frequently bundles supplementary educational materials specifically designed to optimize the clinical results of the physical supplement.

- **Bonus Material 1: The 24-Hour Bad Breath Detox.** A comprehensive, easily digestible manual outlining the hidden dietary triggers that silently destroy the oral microbiome. It provides simple, actionable lifestyle tweaks to naturally accelerate the eradication of halitosis without relying on chemical sprays.
- **Bonus Material 2: The Hollywood Smile Guide.** An actionable toolkit focusing on natural, non-abrasive methods to brighten your smile using simple, everyday household ingredients. These methods synergize perfectly with your new daily probiotic protocol to safely lift surface stains without stripping away the protective enamel layer.



Ordering ProvaDent is a risk-free decision. We stand behind our product with a 100% money-back guarantee for a generous 60 days. If you're not satisfied, simply request a refund—no questions asked.

[**View Deal And Bonus Details**](#)

Official Site • Free Shipping • 60 Day Money Back Guarantee

FAQs (Frequently Asked Questions)

Q: Is ProvaDent safe for daily, continuous consumption? A: Absolutely. The formulation is composed of naturally occurring probiotic strains, organic botanical extracts, and xylitol—compounds that are native to and highly

supportive of a healthy human body. It is entirely non-habit forming, rigorously third-party tested for purity, and perfectly safe for indefinite daily use.

Q: Will taking this mean I never have to visit the dentist again? A: No.

ProvaDent acts as a highly advanced biological shield and an internal repair mechanism. It makes your daily hygiene routine vastly more effective and makes dental visits far more pleasant, but it does not replace the necessity of professional structural examinations or the physical removal of calcified tartar by a licensed hygienist.

Q: How exactly should I consume this supplement for maximum efficacy?

A: For optimal biological availability, consistency is paramount. The manufacturer recommends taking two tablets daily. Many users prefer to take them in the morning to establish a fresh baseline for the day, while others take them directly before bed to allow the probiotics to populate the mouth undisturbed during the night.

[View Deal And Bonus Details](#)

[Official Site](#) • [Free Shipping](#) • [60 Day Money Back Guarantee](#)

Final Verdict + Call to Action

Returning to the central premise of this professional investigation: Does the internal theory behind ProvaDent hold up to modern clinical scrutiny for overall oral optimization?

From a biological dentistry perspective, the conventional strategy of treating the mouth as an isolated exterior surface is fundamentally flawed. The entire oral cavity operates as a living, breathing ecosystem. Authentic, long-lasting dental vitality absolutely requires an active, thriving, and perfectly balanced microbiome.

By intelligently targeting the root cause of acidic decay and localized inflammation with thoroughly researched ingredients—specifically utilizing advanced probiotic strains to crowd out pathogens, and organic xylitol to starve decay-causing bacteria—ProvaDent successfully addresses a massive, glaring deficiency in modern preventive care.

Medical & Affiliate Disclosure

The detailed information provided in this professional review is intended strictly for educational and informational purposes and does not constitute direct medical advice. While this content is thoroughly researched, it should never replace a personalized consultation with your licensed dentist or periodontist. The statements made regarding this dietary product have not been evaluated by the Food and Drug Administration (FDA).

For Related Product Reviews :

https://www.healthfoodforliving.com/food-nutrition/how-glycemic-fruits/	https://www.healthfoodforliving.com/food-nutrition/is-soy-sauce-healthy/	https://www.healthfoodforliving.com/food-nutrition/are-burgers-healthy/	https://www.healthfoodforliving.com/food-nutrition/is-white-rice-healthier-than-brown-rice/
https://www.healthfoodforliving.com/food-nutrition/does-cheese-have-carbs/	https://www.healthfoodforliving.com/how-many-calories-are-in-a-tomato/	https://www.healthfoodforliving.com/food-nutrition/is-pita-bread-healthy/	https://www.healthfoodforliving.com/health/is-garlic-a-vegetable/
https://www.healthfoodforliving.com/uncategorized/how-long-can-you-live-without-food/	https://www.healthfoodforliving.com/food-nutrition/is-peanut-oil-healthy/	https://www.healthfoodforliving.com/food-nutrition/is-peppermint-good-for-acid-reflux/	https://www.healthfoodforliving.com/does-poppi-have-caffeine/
https://www.healthfoodforliving.com/food-nutrition/how-long-is-chicken-good-in-the-fridge/	https://www.healthfoodforliving.com/food-nutrition/is-raw-fish-healthy/	https://www.healthfoodforliving.com/one-meal-a-day-fasting/	https://www.healthfoodforliving.com/food-nutrition/is-cider-vinegar-healthy/
https://www.healthfoodforliving.com/food-nutrition/how-much-protein-is-in-a-chicken-breast/	https://www.healthfoodforliving.com/food-nutrition/spaghetti-squash/	https://www.healthfoodforliving.com/food-nutrition/is-tempeh-healthy/	https://www.healthfoodforliving.com/is-monk-fruit-sweetener-healthy/

https://www.healthfoodforliving.com/food-nutrition/are-blueberries-acidic/		https://www.healthfoodforliving.com/health/what-do-es-soju-taste-like/	https://www.healthfoodforliving.com/food-nutrition/chamomile-tea-healthy/	https://www.healthfoodforliving.com/food-nutrition/are-bagels-healthy/
https://www.healthfoodforliving.com/food-nutrition/is-noodles-healthy/		https://www.healthfoodforliving.com/health/is-couscous-gluten-free/	https://www.healthfoodforliving.com/health/is-whole-wheat-bread-good-for-diabetics-a-complete-guide/	https://www.healthfoodforliving.com/food-nutrition/are-oranges-acidic/
https://www.healthfoodforliving.com/food-nutrition/is-popcorn-gluten-free/		https://www.healthfoodforliving.com/food-nutrition/is-banana-and-peanut-butter-healthy/	https://www.healthfoodforliving.com/food-nutrition/are-olives-healthy/	https://www.healthfoodforliving.com/food-nutrition/is-honey-heart-healthy/
https://www.healthfoodforliving.com/food-nutrition/is-cashew-good-for-cholesterol/		https://www.healthfoodforliving.com/40-best-broccoli-recipes-soups-salads-sides-mains/	https://www.healthfoodforliving.com/food-nutrition/is-grapefruit-good-for-weight-loss/	https://www.healthfoodforliving.com/is-apple-cider-vinegar-healthy/
https://www.healthfoodforliving.com/food-nutrition/is-spaghetti-squash-healthy-2/		https://www.healthfoodforliving.com/food-nutrition/is-keto-bread-healthy/	https://www.healthfoodforliving.com/lifestyle/how-do-you-know-your-sperm-is-healthy-signs-tests-tips/	https://www.healthfoodforliving.com/is-skim-milk-healthier-than-whole-milk/
https://www.healthfoodforliving.com/food-nutrition/is-sooji-healthy-semolinas-nutrition-benefits/		https://www.healthfoodforliving.com/food-nutrition/is-maple-syrup-healthy/	https://www.healthfoodforliving.com/lifestyle/weight-loss/is-lemon-water-good-for-weight-loss/	https://www.healthfoodforliving.com/is-oatmeal-high-in-fiber/
https://www.healthfoodforliving.com/food-nutrition/is-beef-mince-healthy/		https://www.healthfoodforliving.com/health/is-coconut-milk-healthy/	https://www.healthfoodforliving.com/is-fairlife-protein-shake-healthy/	https://www.healthfoodforliving.com/health/is-rice-flour-gluten-free/

lthy/				
https://www.healthfoodforliving.com/food-nutrition/is-grapefruit-good-for-weight-loss-benefits-risks-and-diet-plans/	https://www.healthfoodforliving.com/health/are-kiwis-acidic-is-kiwi-good-for-acid-reflux/	https://www.healthfoodforliving.com/recipes/dessert/is-sherbert-healthier-than-ice-cream/	https://www.healthfoodforliving.com/food-nutrition/what-came-first-the-chicken-or-the-egg/	
https://www.healthfoodforliving.com/health/is-black-coffee-good-for-diabetes/	https://www.healthfoodforliving.com/food-nutrition/is-spaghetti-squash-healthy-and-good-for-you/	https://www.healthfoodforliving.com/food-nutrition/is-egg-on-toast-healthy/	https://www.healthfoodforliving.com/food-nutrition/is-the-carnivore-diet-healthy/	
https://www.healthfoodforliving.com/brown-eggs-vs-white-eggs/	https://www.healthfoodforliving.com/food-nutrition/how-long-can-carrots-last-in-the-fridge/	https://www.healthfoodforliving.com/food-nutrition/what-does-matcha-taste-like/	https://www.healthfoodforliving.com/food-nutrition/is-ramen-healthy/	
https://www.healthfoodforliving.com/is-green-tea-high-in-caffeine/	https://www.healthfoodforliving.com/health/is-french-onion-soup-healthy/	https://www.healthfoodforliving.com/food-nutrition/is-purple-rice-healthy-benefits-side-effects-and-more/	https://www.healthfoodforliving.com/food-nutrition/is-spaghetti-good/	
https://www.healthfoodforliving.com/food-nutrition/are-grits-healthy/	https://www.healthfoodforliving.com/does-hot-cocoa-have-caffeine/	https://www.healthfoodforliving.com/does-zero-coke-have-caffeine/	https://www.healthfoodforliving.com/food-nutrition/why-is-soy-sauce-not-gluten-free-2/	
https://www.healthfoodforliving.com/food-nutrition/brown-eggs-vs-white-eggs/	https://www.healthfoodforliving.com/food-nutrition/is-jelly-healthy/	https://www.healthfoodforliving.com/health/is-pineapple-good-for-diabetics/	https://www.healthfoodforliving.com/health/does-milk-help-acid-reflux/	
https://www.healthfoodforliving.com/health/does-w	https://www.healthfoodforliving.com/food-nutrition/i	https://www.healthfoodforliving.com/food-nutrition/i	https://www.healthfoodforliving.com/what-is-coconut-	

atermelon-have-a-lot-of-sugar/	s-tapioca-healthy/	s-shrimp-healthy/	water/
https://www.healthfoodforliving.com/food-nutrition/do-pickles-have-calories/	https://www.healthfoodforliving.com/health/is-cornmeal-gluten-free/	https://www.healthfoodforliving.com/health/is-grape-juice-good-for-you/	https://www.healthfoodforliving.com/health/does-dayquil-have-acetaminophen/
https://www.healthfoodforliving.com/is-rice-gluten-free/	https://www.healthfoodforliving.com/how-many-carbs-in-an-apple/	https://www.healthfoodforliving.com/lifestyle/weight-loss/is-green-tea-good-for-weight-loss/	https://www.healthfoodforliving.com/lifestyle/weight-loss/is-greek-yogurt-good-for-weight-loss/
https://www.healthfoodforliving.com/lifestyle/weight-loss/is-cucumber-good-for-weight-loss/	https://www.healthfoodforliving.com/food-nutrition/is-purple-rice-healthy/	https://www.healthfoodforliving.com/health/does-iced-tea-have-caffeine/	https://www.healthfoodforliving.com/food-nutrition/vegan-milk-options-is-soy-milk-the-most-complete-dairy-alternative/
https://www.healthfoodforliving.com/food-nutrition/is-yakult-healthy-benefits-ingredient-s-and-nutrition-facts-explained/	https://www.healthfoodforliving.com/health/is-cream-cheese-healthy/	https://www.healthfoodforliving.com/high-protein-desserts/	https://www.healthfoodforliving.com/food-nutrition/is-greek-yogurt-gluten-free-a-complete-guide-for-celiacs/
https://www.healthfoodforliving.com/food-nutrition/is-onion-healthy/	https://www.healthfoodforliving.com/food-nutrition/is-it-healthy-to-stand-up-and-eat/	https://www.healthfoodforliving.com/food-nutrition/is-mayo-healthy/	https://www.healthfoodforliving.com/recipes/salad/is-ham-good-for-weight-loss-health-benefits-risks-best-type-s-to-eat/
https://www.healthfoodforliving.com/health/does-jasmine-tea-have-caffeine/	https://www.healthfoodforliving.com/food-nutrition/egg-roll-vs-spring-roll/	https://www.healthfoodforliving.com/food-nutrition/is-grapeseed-oil-healthy/	https://www.healthfoodforliving.com/food-nutrition/are-black-beans-healthy/

